

Columbia Athletic Club Group Fitness Classes

Updated and effective **November 30, 2018**. Visit facilities or go to ColumbiaAssociation.org/fitnessschedules for updated information. Check-in required 10 minutes before BodyPump®, five minutes before all other classes. Members must be at least 14 years old to participate in group fitness classes.

Name of instructor provided on web site class registration page. Instructors may change without notice. For safety and courtesy, refrain from entering class once it has started.

Columbia Athletic Club
410-730-6744
Questions? Email Group.Fitness@ColumbiaAssociation.org.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00am CD ST ★ Basic Training (60 min)	5:45am ST 1 ♦ BodyPump™ (60 min)	6:00am CD ST ★ Basic Training (60 min)	5:45am ST 1 ♦ BodyPump™ (60 min)	6:00am CD ST ★ Basic Training (60 min)	6:30am CD C ♦ MyCycle (60 min)	8:15am CD 1 ★ LaBlast™ (55 min)
9:30am ST 1 ♦ BodyPump™ (60 min)	5:45am CD C ♦ MyCycle (45 min)	6:00am CD C ♦ MyCycle (45 min)	5:45am CD C ♦ MyCycle (45 min)	6:00am CD C ♦ MyCycle (45 min)	8:00am CD ST 1 ★ Insanity™ (55 min)	9:30am ST 1 ♦ BodyPump™ (60 min)
9:30am P ★ Aqua Arthritis (45 min)	9:00am CD ST 1 ★ NEW Fit Essentials (40 min)	7:15am CD C ♦ BOOM Cycling (45 min) \$, runs in sessions for non-members	9:00am CD ST 1 ★ NEW Fit Essentials (40 min) Coming Jan. 3	9:15am CD C ★ MyStart (15 min)	8:00am MB 2 ♦ Yoga 2/3 (75 min)	9:30am MB 2 ♦ Yoga 2/3 (85 min)
9:30am CD C ♦ MyCycle (60 min)	9:45am CD C ♦ MyCycle (45 min)	9:30am P ★ NEW Aqua Arthritis (45 min)	9:45am MB ST 1 ★ NEW BodyFlow™ (45 min)	9:30am CD C ♦ MyCycle (45 min)	9:00am CD ST 1 ★ NEW LaBlast™ and Tone (55 min)	9:30am CD C ★ MyStart (15 min)
10:45am CD ST 1 ★ Cardio Dance and Tone (55 min)	9:45am CD ST 1 ★ NEW STRONG by Zumba® (50 min)	9:30am CD ST 1 ★ Cardio Tone (55 min)	9:45am CD C ♦ MyCycle (45 min)	9:30am P ★ NEW Aqua Arthritis (45 min)	9:00am CD C ★ MyStart (15 min)	9:45am CD C ♦ MyMusic (45 min)
10:45am MB ST 2 ♦ Flow Yoga 2 (60 min)	10:00am P ★ NEW Aqua Arthritis (45 min)	9:30am MB 2 ★ QiGong (55 min)	10:00am P ★ NEW Aqua Arthritis (45 min)	9:30am CD ST 1 ★ Cardio Dance and Tone (55 min)	9:15am CD C ♦ MyMusic (45 min)	10:00am MB P ★ Ai Chi (45 min)
11:30am P ★ NEW Aqua Arthritis Plus (45 min)	10:45am CD 1 ★ NEW Cardio Barre Tone (45 min)	10:45am CD ST 1 ★ LaBlast™ (55 min)	10:45am CD 1 ★ NEW Cardio Barre Tone (45 min)	9:30am MB 2 ★ QiGong (55 min)	9:30am MB 2 ♦ Yoga 1 (60 min)	11:00am MB 2 ♦ Yoga 2 (60 min)
12:00pm ST 1 ★ Joints in Motion (55 min)	12:00pm ST 1 ★ Build Your Bones (45 min)	10:45am MB 2 ♦ Yoga 1 (60 min)	10:45am MB 2 ★ Tai Chi (55 min)	10:45am CD ST 1 ★ LaBlast™ (55 min)	10:00am P ★ Aqua Arthritis (45 min)	11:30am MB ST 1 ★ NEW BodyFlow™ (60 min)
5:15pm MB ST 1 ★ NEW BodyFlow™ (60 min)	6:00pm MB 2 ♦ Yoga 1 (60 min)	11:30am P ★ NEW Aqua Arthritis Plus (45 min)	11:00am MB ST P \$ Aqua Pilates (45 min) Coming Jan. 2019	10:45am MB 2 ♦ Restorative Yoga (60 min)	10:45am MB 2 ♦ Restorative Yoga (60 min)	
5:30pm CD C ♦ MyCycle (45 min)	6:15pm ST 1 ♦ BodyPump™ (60 min)	12:00pm MB ST 1 ★ NEW BodyFlow™ (60 min)	12:00pm ST 1 ★ Build Your Bones (45 min)	11:30am P ★ NEW Aqua Arthritis Plus (45 min)	11:30am P ★ NEW Aqua Arthritis Plus (45 min)	
6:00pm MB 2 ♦ Yoga 1 (60 min)	7:15pm MB ST 2 ♦ Flow Yoga 2/3 (70 min)	5:15pm ST 1 ♦ BodyPump™ (60 min)	6:00pm MB 2 ♦ Flow Yoga 2 (70 min)	6:15pm ST 1 ♦ BodyPump™ (60 min)	6:15pm ST 1 ♦ BodyPump™ (60 min)	
6:30pm P ★ Aqua Arthritis (45 min)	7:30pm CD ST 1 ★ LaBlast™ (55 min)	5:30pm CD C ♦ MyMusic (45 min)	6:15pm ST 1 ♦ BodyPump™ (60 min)	6:15pm CD C ♦ MyCycle (45 min)	12:00pm MB ST 1 ★ NEW BodyFlow™ (60 min)	
6:30pm CD C ♦ MyMusic (45 min)		6:30pm P ★ Aqua Arthritis (45 min)	7:15pm MB ST 2 ★ PiYo® LIVE (55 min)			
6:30pm CD 1 ★ Tae Bo® (50 min)		6:30pm CD 1 ★ NEW Cardio Barre Tone (45 min)	7:30pm CD 1 ★ Zumba® (55 min)			
7:15pm MB 2 ♦ Yoga 2 (75 min)		6:30pm CD C ♦ MyCycle (45 min)				
		7:30pm MB ST 1 ★ NEW BodyFlow™ (60 min)				

Key symbols

- ♦ CA Fit&Play and Golf Fit&Play members priority preregistration. Check in at front desk. Former Package Plan members and current 1Fit members may drop-in on a space-available basis. Register and check in at front desk.
- ★ Drop-in. Open to all Members.
- \$ Fee for all Members. Register at front desk. Classes run in sessions. Check the CA Activities Guide for specific start dates.
- S Seasonal class.

Class location

- 1 Studio 1
- 2 Studio 2
- C Cycle Studio
- P Pool
- PT PT Studio

Class type

- CD Cardio
- ST Strength
- MB Mind/Body

Schedule subject to change.